

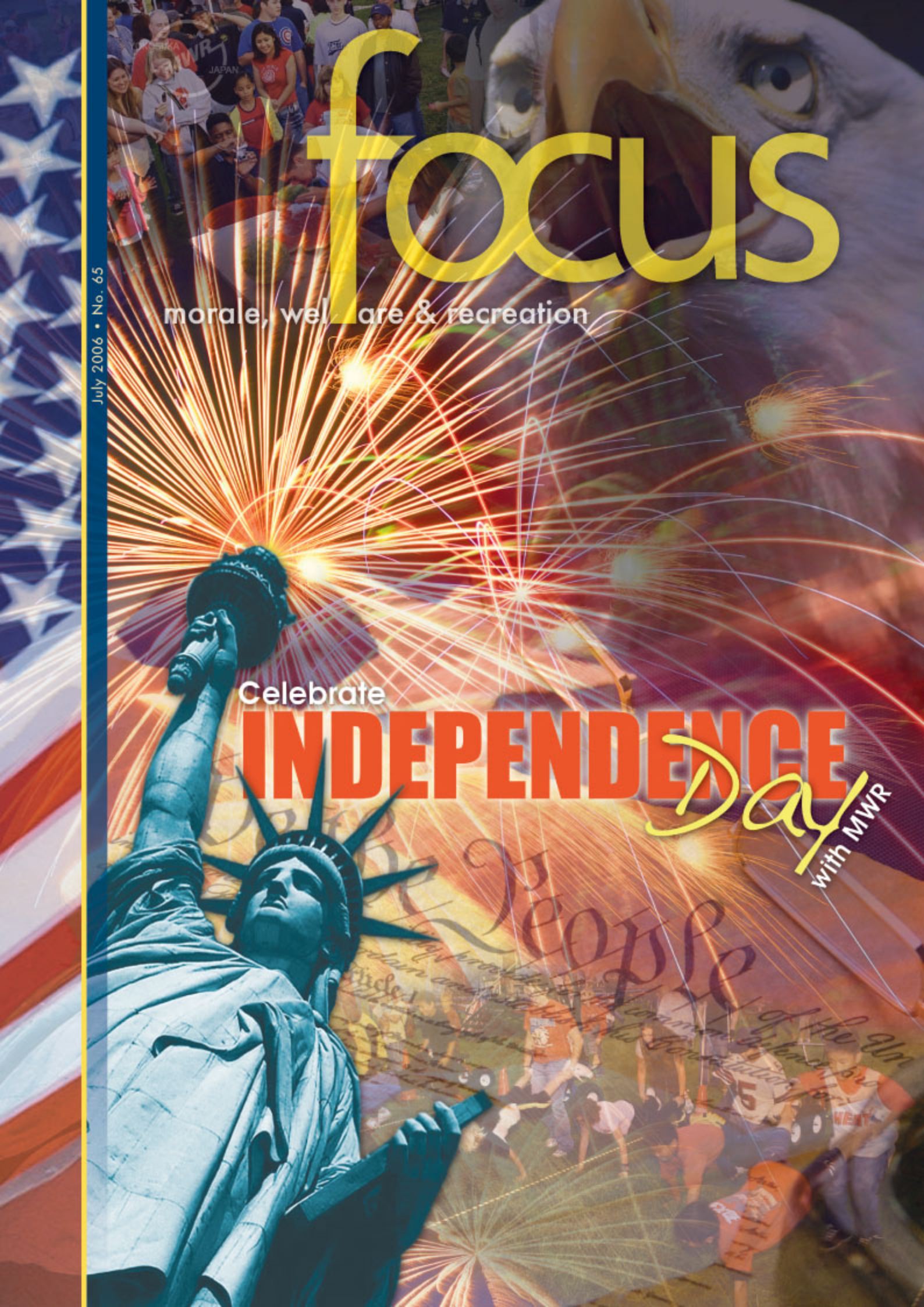
# focus

morale, well-being & recreation

Celebrate

# INDEPENDENCE

*Day*  
with MWR



# 4<sup>th</sup> of July

日時: 7月4日(火)  
午後4時より8時まで  
場所: バーキーフィールド

From 1600 to 2000  
Tuesday, July 04  
at Berkey Field

Call 241-4431 for details.

## KIDS AREA

Petting Zoo 1600 - 1800  
Game Booths  
Inflatable "Air" Toys  
Face Painting  
Tattoos

## TICKETS

Buy Kids Zone tickets at event  
or in advance from June 26  
through July 03 at ITT.

1 ticket	.50
10 tickets	\$4.50
20 tickets	\$8.50
50 tickets	\$20.00

## CONTESTS

### Prizes to Winners!

Eating Contests  
Command Chili Cook-Off  
Wheelbarrow Races  
Tricycle Races  
Tug-O-War  
...and much more!

## 子供の広場

動物とのふれあい  
午後4時より6時まで  
ゲームコーナー  
ふあふあ  
フェイスペイント  
タトゥー

## チケット制

当日券または、6月26日より7月3  
日まで、子供の広場チケットをITTに  
て前売券を発売します。

1枚チケット 20枚チケット  
10枚チケット 50枚チケット

## コンテスト

### 賞品付き

大食い大会  
部隊のチリ料理大会  
三輪車と手押し車レース  
綱引き、等その他たくさん

家族で祝うアメリカ独立記念日、今  
年は"カントリーフェア"と題して、  
たくさんの催し物があります。

C'mon down and celebrate  
Independence Day with  
family and friends in a  
"country fair" setting with  
food booths, games, prizes,  
contests for all ages, and  
live entertainment!

# Fireworks Display

## at 2000

8時より花火打上げ

# Floyd VanLaningham

and his

## Country Rock Band!

Main Stage from  
1700 to 1800  
& 1900 to 2000



## Directory

**MWR Director** John Kinnamon 243-7250

### Support Services

Administrative Officer Trisha Bernhard 243-7250  
Training Manager Melinda Steele 241-4622  
Personnel Manager Tess Arellano 243-1246  
Financial Manager Dave Law 243-5886  
Facilities Maintenance Manager Harold Grant 243-5729  
Marketing Director Ron Carson 243-5414  
Safety Manager James Evans 243-4079  
Central Warehouse Manager Max Goodlow 243-5047

### Child Development Programs

CDP Administrator Kathryn Hardebeck 243-4475  
Assistant CDP Administrator Laura Calara 243-4470  
Child Development Homes Director Vacant 243-5478  
CDC Hourly Care Director Violeta Dela Rosa 241-4101  
Ikego CDC Director Laura Calara 246-8060  
Negishi CDC Director Sue Proctor 242-4316

### Community Activities

Community Activities Director Mark Richards 241-2209  
Community Center / Hobby Mart Manager Tracy Willis 241-4111  
Ikego Community Activities Manager Vacant 246-8071  
Negishi Community Center Manager Tommie Daniels 242-4120  
SAC Program Coordinator Chris Kasperek 241-2948  
Yokosuka SAC Program Manager Luz Medina 243-5492  
Ikego Youth/SAC Program Manager Reggie Riddick 246-8301  
Negishi Youth/SAC Program Manager Natasha Smith 242-4134  
Yokosuka Teen Center Manager Joe Billa 243-5542  
Ikego Teen Center Manager Michael Thomas 246-5929  
Negishi Teen Center Manager Robert Santana 242-4121  
Auto Hobby Shop Manager Ken Morgan 243-5456  
Wood Hobby Shop Manager Ken Morgan 243-9064  
Bowling Center Manager Ken Rogers 243-4200  
Youth Sports Manager Isaiah Mincks 241-2950  
Youth Development Specialist Jennifer Kremer 241-4904  
Teen/Open Recreation Coordinator Geoff Rhinehart 241-4100  
Librarian Kevin Jones 243-5574  
Veterinary Services Capt. Claire Cornelius 243-8862

### Club Operations

Club Operations Director Vacant 243-7316  
Officers' Club Manager Ben Ruelas 243-5030  
Catering Manager Yasunori Suzuki 243-5788  
CPO Club Manager Ken Johnson 243-5506  
Club Alliance Manager Godfrey Johnson 243-5951  
Seaside All Hands' Club Manager Jeff Polangin 243-5625  
Ikego Club Takemiyu Manager Vacant 246-8075  
Negishi All Hands' Club Manager Fred Garcia 242-4151  
MWR Food Court Manager Lota Balancio 243-3245

### Athletics

Athletics Director Kyle Rhodus 241-2941  
Sports Director Jessie Ecklund 241-2955  
Aquatics Director Carol Poole 243-2052  
Aquatics Hotline/Program Information 243-5229  
Fitness Director Glenn Preston 241-4486  
Fitness Programs Coordinator Debbie Deutsch 241-4486  
Wellness Programs Coordinator Eugene McClelland 241-4486  
Intramural Sports Coordinator Josh Davis 241-2955  
Negishi Fitness Coordinator Ken Cardwell 242-4124  
Athletics Facilities Manager George Williams 241-2945  
Athletic Maintenance Supervisor Scott Langworthy 243-2051  
New Fitness Center/Reservations Sharon Mathena 243-5398  
Fleet Gym/Reservations Jeff Baldwin 243-5304

### Recreation

Recreation Director Paul Lopez 241-4431  
Entertainment Director Earl Murray 243-5215  
Theaters Manager Gregg Hooper 243-5406  
ITT Manager Ruriko Peters 243-5613  
International Programs Manager John Saito 243-7952  
Single Sailor Program Manager Jason Symak 243-7284  
Single Sailor Support Coordinator Mike Crockett 243-7346  
Outdoor Recreation Manager Steven Marksberry 241-3709  
Outdoor Special Event Support Tony Bailey 243-5732  
Outdoor Rental Center Tyrone Bailey 243-5732  
Outdoor Sailing Center Dennis Lindemann 241-2067  
Fleet Recreation Coordinator Craig Stevens 243-7284  
Campground Ron Ketron 246-7956

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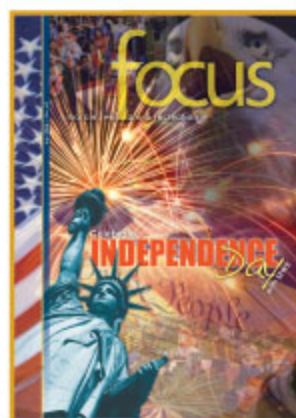
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## Marketing Staff

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Banner Painter: Herculano Barricar  
Graphics Manager: Tom Kiper  
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Jessica Wilson-McFarlane, Eric Ferrer



## Contact Marketing

The Marketing Division of the Morale, Welfare and Recreation Department of Commander, Fleet Activities Yokosuka, Japan publishes *Focus* Magazine. Its purpose is to inform the community about MWR leisure and recreational activities available on and off base.

Telephone: 243-5414/1254  
Address: Commander, Fleet Activities, Yokosuka  
MWR Marketing Department  
PSC 473 Box 60 Code 605  
FPO AP 96349-0060  
CFAY Building #1559, Room #219

## Officers' Club

**Sunday, July 02, 09, 16, 23 and 30 from 0900 to 1330**  
in Kosano Dining Room

### Sunday Brunch Extravaganza

Enjoy Yokosuka's premier brunch with exciting new items each week, including tasty Kids' Station, while you relax amidst soothing background music. Adult \$12.95 / Child 8-11 years \$6.95 / Child 4-7 years \$4.95 / Child 3 years and under FREE.

**Tuesday, July 04**

### Holiday Schedule

The Officers' Club booth will have lots of food for you to choose from, so see you on the field during the great holiday celebration

**Wednesday, July 05 from 1100 to 1330 in Kosano Dining Room**  
**Workaholics' Day**

Receive a free slice of freshly baked pie with your lunch meal order.

**Thursday, July 06 in Kosano Dining Room**

### Chocolate Day

Receive a free slice of freshly baked chocolate cake with your lunch or dinner meal order.

## Special Events

**Saturday, July 01, 08, 15, 22 and 29 from 1700 to 2100**  
in Kosano Dining Room

### Chef's Prime Rib Special

Try our Chef's Prime Rib Special – juicy prime rib brimming with flavor and made just the way you like it – for only \$15.95. A La Carte and Kid's menu also available.

**Thursday and Friday,  
July 13 and 14 at 1700**  
**Open to All Hands**

## Hawaiian Luau

at the Officers' Club

Join us for the largest Hawaiian Luau in Yokosuka, complete with kalua pig on a spit, huli huli chicken, other traditional Hawaiian favorites... and the return of the outstanding Maohi Nui 18-person Hawaiian/Polynesian Show flown in direct from Hawaii. Fun begins at 1700. Get your tickets early so you won't be disappointed. Last year's event was sold out with 250 in attendance. All hands welcome.



For details call 243-5030

## COUNTRY WESTERN NIGHT

at the Officers' Club

Country western attire welcome!  
**Friday, July 07**  
on Pool Patio from 1800 to 2200



Featuring direct from U.S.A.  
**Floyd Van Laningham**

Great buffet cookout, live country music featuring Floyd Van Laningham and lots of fun, too. Join us for this outstanding summer event, but buy your tickets by Wednesday, July 05 so you won't miss out.

**Adult \$25 / Child \$12.95**

For details call 243-5030.

## Entertainment in Kurofune Lounge

Welcome to our newly renovated Kurofune Sports Lounge boasting new décor, 9 televisions, a pool table, wireless Internet to hook up your laptop and a new electronic juke box; Have fun choosing your own musical favorites from over 300 albums installed and available for only \$.50 local play or \$1 download play.

### Wednesdays and Fridays in Kurofune Sports Lounge

Unwind in a relaxing atmosphere with your friends after a hard week of work and enjoy our live band or DJ, too. Free Happy Hour food served from 1630 to 1830. Entertainment begins at 1900.

## Pool Party

Enjoy summer to the hilt. Stop by our Catering Department and book your summer events now! For details call Tak, Yas or Ben at 243-5788 or 7318.

## Deli/Take-Out Department

Are you in a hurry? Straight from the oven are our freshly baked pies and bread. Also available are freshly made cold sandwiches, salads and much more. Try our crispy fried chicken snack pack, too. Call 243-5002 / 5030 / 7318 / 5788 for details.

## Catering Services

We specialize in catering services. Our facilities range from formal ballroom and banquet halls to garden parties and outdoor cookouts. We can accommodate small parties or groups of up to 300 with extensive menu selections to match your taste and budget. For details regarding services offered call Tak, Yasu or Ben at 243-7318 or 243-5788.

Due to seating availability, we highly encourage reservations for all club events. For details about upcoming, and ongoing, club events and specials, please call 243-5002 / 5030 / 7318 / 5788 / 5624 after 1700 or check out our flyers.

## CPO Club

Satisfy your party needs. Catered events are available at the CPO Club. Come in and let us exceed your expectations. Excellent food and service will make your next party all that you would expect – and more!

**Monday, July 03, 10, 17, 24 and 31**

### National Blueberry Month

July is National Blueberry Month! Try our blueberry dessert specials included in our All-You-Can-Eat-Pasta Buffet for only \$8.95! Now how can you beat that?

**Wednesday, July 05**

### Caribbean Day

Feeling jerky? Get into the groove and enjoy our dinner time special, Caribbean Jerk Chicken while listening to island music! Wear Caribbean-style clothing and receive 10% off your meal – mon!

**Wednesday, July 12**

### National Pecan Pie Day

Love pecan pie? You haven't tried the best – until you've tried OUR scrumptious temptation.

**Friday, July 21**

### National Crème Brûlée Day

Crème brûlée anyone? Enjoy our mouthwatering dessert for only \$2.50 after a great seafood dinner!

**Monday, July 24**

### National Coffee Day

Relax, sit back and enjoy a free coffee with purchase of any dessert after a hearty dinner! What better way to end the day!

**Sunday, July 30**

### National Cheesecake Day

Try some of our homemade cheesecakes! They can't be beat!

## Entertainment

Open-Mic Comedian Night and  
**DARYL "The Duke" ALEXANDER**  
Performance

**Friday, July 14 in Silver Dollar Saloon**

The CPO Club knows how to celebrate Comedy Celebration Day – right? Sign up to show your best on stage or participate in our audience by helping to choose the Funniest Comedian. Winner receives \$100 MWR gift certificate. We must have at least 3 participants. Contest begins at 1930 followed by "The Duke." Get ready to laugh! \$3 cover charge includes one free drink! Call 243-5506 to sign up! Open to all hands.

**Friday Nights in Cove Bar**

### Live Music

Come and party with the Higher Ground Band.

*Cove Bar is open to Chiefs, authorized patrons and their sponsored guests.*

**Tuesdays and Thursdays**

### CPO Club Bingo

New games and more fun than ever! Open to All Hands. Over \$4800 in prizes nightly. Cards go on sale 1700. Games begin 1900. Bingo package costs \$15.

## Daily Club Specials

### Sundays

Sunday Brunch

Officers' Club  
Seaside All Hands' Club  
Negishi All Hands' Club  
Ikego Club Takemiya  
Officers' Club  
CPO Club  
Ikego Club Takemiya

A La Carte

Mongolian Barbecue

### Mondays

A La Carte

Italian Night

Spanish Paella

Steak Night Special

Officers' Club  
CPO Club  
Ikego Club Takemiya  
Negishi All Hands' Club

### Tuesdays

Mongolian Barbecue Night

Prime Rib Night

Officers' Club  
CPO Club  
Seaside All Hands' Club  
Ikego Club Takemiya

Barbecued Spare Ribs

### Wednesdays

International Buffet

Mongolian Barbecue

International Night

\$1 Off Steak Night

Officers' Club  
CPO Club  
Seaside All Hands' Club  
Ikego Club Takemiya

### Thursdays

A La Carte

Steak Specials

Asian Food Night

Mongolian Barbecue Night

Officers' Club  
CPO Club  
Seaside All Hands' Club  
Ikego Club Takemiya  
Negishi All Hands' Club

### Fridays

A La Carte

Seafood Night

Seafood Napolitan Pasta

Mexican Platter Night

Officers' Club  
CPO Club  
Ikego Club Takemiya  
Negishi All Hands' Club

### Saturdays

Chef's Prime Rib Special  
and A La Carte

Size-It-Up Steak Night

Mongolian Barbecue

Prime Rib Night

Officers' Club  
  
CPO Club  
Seaside All Hands' Club  
Ikego Club Takemiya  
Negishi All Hands' Club

## Filipino Specials

### CPO Club

CPO offers a variety of Filipino Specials on our lunch buffet Monday thru Friday, from 1100 to 1330.

### Seaside All Hands' Club

<b>Monday</b>	Chicken and Pork Adobo
<b>Tuesday</b>	Sinigang na Ribs
<b>Wednesday</b>	Pancit with Fried Chicken
<b>Thursday</b>	Ginataang Manok
<b>Friday</b>	Fish with Black Beans

## Club Alliance

### Events

**Saturday, July 01 thru Monday, July 31**

#### National Ice Cream Month

Free scoop of ice cream with every lunch and dinner special.

**Tuesday, July 04 at 1900**

#### Country Night with Floyd Van Laningham

Come celebrate America's Independence Day as Floyd Van Laningham rocks the house! Dress in your favorite western hat and country boots and be prepared to dance the night away!

**Saturday, July 15 in Italian Gardens from 1700 to 2100**

#### Garlic Night

With a special all-garlic menu. Choose from garlic appetizers, salads and entrées. The best garlic dishes are right here. Open to all hands!

**Saturday, July 29 in Italian Gardens from 1700 to 2100**

#### Soul Food Night

Join us for the most delicious Soul Food Buffet you'll ever have.

Adult \$11.95 / Child 11 and under \$5.95. Open to all hands!

**Saturdays**

#### Club Alliance Bingo

Try your luck at one of our jackpots. We give away up to \$21,000 every bingo session including \$2,500, \$5,000, \$10,000 jackpots and a guaranteed give away of \$1,000. Cards on sale at 1200. First game begins 1300. Call 243-3000 for details. Open to all hands!

### 3rd Floor Sports Bar

**Mondays from 2100**

#### 9-Ball Tournament

**Tuesdays from 2100**

#### Dart Tournament

**Wednesdays from 2100**

#### 8-Ball Tournament

Prizes awarded to 1st, 2nd, & 3rd-place winners.



Offering you fresh, straight-off-the-grill, American-sized monster burgers and hot dogs, world class wraps, specialty sandwiches, healthy garden salads and more. They're sure to make you drool before you take that first bite! Located on 2nd floor of Club Alliance. Open to all hands! For details call 243-5951.

## Entertainment

**Tuesdays from 2000 to 2400**

#### Rock N' Roll

Sharky's Bar is rockin' every Tuesday with our DJ playing everything from Classic Rock to Modern Rock. Open to all hands! Special performance by the Bellevue Allstars band playing the best Rock Blues on Tuesday, July 25.

**Wednesdays from 2000 to 2400**

#### Country Night with DJ Gary and the Waterfront Band

Join us for some boot stomping, knee slapping, cowboy hat waiving country music in Sharky's Bar. Open to all hands!

**Thursdays from 2000 to 2400**

#### Latin Music Night

Dance to the captivating sounds of Meringue and Salsa with DJ Pablo and DJ Rob-Lo playing all of the Latin grooves, in Sharky's Bar. Want to learn all of the Latin moves? Dance lessons are also held in 3rd floor Lighthouse Lounge from 2000 to 2130 for only \$5. Lesson given by professional dance instructor Andres. Open to all hands!



**Fridays from 1900 to 0200**

#### R&B Hip Hop Night

Bounce to the bumpin' beats as DJ Lock cuts up all of the latest R&B, Hip Hop, and Dancehall Reggae in Sharky's Bar. Open to all hands!

**Saturdays from 2000 to 0100**

#### Higher Ground Band with Club "A" DJ

Live on stage, playing all of your favorite Rock, Dance, R&B and much more in Sharky's Bar. Open to all hands!

**Saturdays in Italian Gardens from 1700 to 2100**

#### Jazz Night

Join us for Japan's best jazz bands playing all of the smooth jazzy grooves while you enjoy a delicious meal. Yokosuka Jazz Band will perform July 01 and 15, Eddie Cotten July 08 and 22 and Michael Symonette July 29. Open to all hands!

**Sundays from 1900 to 2300**

#### Techno / House Night

Pumping Up those mesmerizing Techno and House beats. Open to all hands!

**Fridays from 2000 until...**

#### Ladies' Night

Ladies, join us in Sharky's Bar with our DJ playing all of your favorite dance music. Free virgin cocktails for all ladies before 2300. Open to all hands!

### Sharky's Brewery

#### American Amber

**You Can Have High Quality Beer at a Competitive Price.**

American Amber is a freshly brewed, high quality beer made using the finest American hops and malts imported from the United States and brought straight to you from Fleet Activities Yokosuka's very own microbrewery!

#### American Eagle Draft

**Brewed by Patriots for Patriots. Crisp, fresh and tasty!**

Freshly brewed, high quality beer made using the finest American hops and malts imported straight from the U.S.A. and made fresh here for you!

*Drink responsibly. Don't Drink and Drive.*

## Seaside All Hands' Club

### Harbor View Dining Room

Saturday, July 01 thru Monday, July 31

#### National Ice Cream Month

In celebration, we're offering Good Humor ice cream cookie sandwiches for only \$1 during July.



Only \$11.95  
per person  
per order

## Prime Rib Night

*Special*

Tuesday, July 04 from 1700 to 2100

In honor of Independence Day our juicy garlic, herb-roasted prime rib at this special low price! For details call 243-5625.

Friday, July 14 from 1700 to 2100

#### Family Night

Take your family out for dinner and receive a 10% discount on your bill. Family Night discount may not be combined with any other discount or special.

Monday, July 24 from 1700 to 2100

#### Tempura Special

Take your friends for a tempura dinner and receive \$1 off – only \$6.95 per order!

Tuesday, July 25 thru Tuesday, July 31  
from 1100 to 1500 and from 1700 to 2100

#### Shake Break

Seaside Shake Break is back! Cool out from the dog days of summer. Come in and enjoy our delicious vanilla, chocolate and strawberry shakes for only \$1.50 each.

Enjoy the sounds of our live bands or DJs every Thursday, Friday, Saturday and Sunday night at Seaside Club!



Playing cards and dominoes available for checkout at our bar. Participate in our Designated Driver Program! Be the designated driver for your friends or shipmates and receive a free t-shirt, \$5 gift certificate and free non-alcoholic drinks all evening. If you drink – be responsible. Have the COA on duty call you a cab or use the designated driver program.

## Club Takemiya



## BACK ALLEY BARBECUE

at CLUB TAKEMIYA

Tuesday, July 04 from 1100 to 1400

Join us in the alley behind the club for one of our famous barbecues. Enjoy a nice steak, a great hamburger or a simple hotdog right off the grill. Order it cooked "your way." For details call 246-8075.

### Dining Room Entertainment

Saturday, July 01, 15 and 29 from 1700 to 2100

#### Yokosuka Jazz Band Performance

Enjoy the smooth sound of live jazz.

Saturday, July 08 and 29 from 1700 to 2100

#### Eddie Cotten Performance

Eddie Cotten on the keyboard performing some wonderful easy listening tunes while you dine. Come and enjoy this outstanding performer.

### Lounge Entertainment

Thursdays from 1900 to 2300

#### Karaoke Contest Night

Compete for first, second and third-place prizes. Must have minimum of six participants to hold contest.

Friday, July 07 and 21 from 2000 until finished in bar

#### 8-Ball Tournament

Compete for first, second and third-place prizes. Must have minimum of six participants to hold contest.

Fridays from 1700 to 1900

#### Happy Hour

Socialize in a relaxing atmosphere with free finger food provided.

Fridays from 2000 to 0200

#### Friday Night Therapy

Saturdays from 2100 to 0200

#### Saturday Night Jams

## Negishi All Hands' Club

Saturday, July 01 thru Monday, July 31

#### National Ice Cream Month

Children receive a free ice cream with their dinner order.

Wednesday, July 05, 12, 19 and 26

#### Pie Day

Join us for dinner and receive a free slice of pie!

### Entertainment

Tuesday, July 04, 11, 18 and 25 from 1700 to 2100

#### Higher Ground Band

Let's jam to the beat of MWR's House Band.

## Yokosuka Community Center

### Japanese Tea Ceremony

One should not leave Japan without experiencing a Japanese Tea Ceremony. The ceremony is a traditional ritual, influenced by Zen Buddhism, in which powdered green tea – matcha – is ceremonially prepared by a skilled practitioner and served to a small group of guests in a tranquil setting. During the ceremony, water represents yin and fire represents yang. Through tea, recognition is given that every human encounter is a singular occasion that will never exactly reoccur again. If you want to experience this tradition, please call 241-4111 to schedule an appointment.

### Oshibana

Oshibana – the art of pressing flowers – aims to capture the beauty of flowers as if to freeze a moment in time for eternity. Flowers in these arrangements have been painstakingly pressed and assembled as creations that represent both the natural and artificial aspect of the artist. If you want to capture your moment through Oshibana, please call 241-4111 to make arrangements to attend a class.

*The Hobby Mart continually receives new shipments of exciting and creative items to enhance your artistic side. It has a wide selection of flowers, ballet attire, musical books and washi paper for several types of Japanese craft classes offered in the Community Center. Please visit the Hobby Mart located on the second floor of the Community Center to see other exciting new items in store.*

## Ikego Community Activities

We offer classes in pre-ballet, ballet, piano, guitar, violin, taekwon-do, Japanese language and Gakken. For details visit <http://www.cfay.navy.mil/mwr/index.html> or call 246-8071.

### Saturday, July 08 from 0900 to 1300 on Takemiya Parking Lot Swap Meet Club

Stop by Ikego MWR office to register for this event. Cost, \$5, includes one table and 2 chairs. For details call 246-8071.

### BARK in the PARK

Saturday, July 15 – Rain Date: Sunday, July 16  
from 1000 to 1300 on Ikego Field #5

"Doggone it, let's try it again!"



## REGGAE

### Festival

**Saturday, July 22 from 1700 to 2030  
on Club Takemiya Parking Lot**

Spend an evening enjoying the flavors and sounds of the Caribbean.

- Live music w/ King Kong Paradise
- Delicious Jamaican food
- Games and activities throughout

For details call 245-8071

### Saturday, July 29 from 1000 to 1600

#### Family Day at the Beach

Take a trip with your family to Yuigahama Beach located near Kurihama. Let MWR do the driving and the parking. Please bring yen for food and drinks. Sign up at Ikego MWR Office.  
**\$5 for adults and \$3 for children.**

## Upcoming Event

### Saturday, August 26

#### Parrot Head Pool Party

## Negishi Community Activities

Negishi leisure classes include karate, piano, hip hop dancing, ikebana, origami, tea ceremony, scrap booking, drawing, kimono dressing and Japanese language on first and second floors of Community Center Building. Please visit [www.cfay.navy.mil/mwr](http://www.cfay.navy.mil/mwr) for class schedules and fees.

## Negishi Summer Pool Party

**Saturday, July 01 from 1930 to 2230**

### at Negishi Community Swimming Pool

A Summer Party is a great way to bring your child's friends together during summer break or to invite new families to the neighborhood after settling in. Either way, it's a great way to get to know your neighbors and help you and your child make new friendships. Join Negishi MWR for a wet and wild time at Negishi Swimming Pool. FUN...FOOD...GAMES...MUSIC! Entry Fee \$5 (Singles) \$10 (Families of two or more) Event open to all I.D. cardholders and their sponsored guests.

### Saturday, July 08 and August 19 from 1700 to 1900

#### at Negishi and Yokosuka Bowling Center

#### MWR Family Bowling Tournament

This activity is popular with all of the children. Teams consist of one adult and one child. Three place awards will be given, with the highest score taking first place. All participants will receive a Family Bowling Tournament T-shirt. Join neighbors and friends to listen to the latest tunes while bowling for some great prizes. For details, or to register, call 242-4123 (Negishi) or 243-4200 (Yokosuka). Entry Fee, \$10 per family of two or more, includes free shoe rental and one complimentary non-alcoholic drink and snacks.

### Saturday, July 08 at 0900

#### in Negishi Community Support Complex

#### Mid-Summer Day 3K Fun Run/Walk

Join us for a great end-of-the-week run. It's just an easy 3 kilometers to start the weekend off right and get the weekly stress out. These runs go rain/shine/cold or snow all year round. Bring friends. All speeds welcome. Event is free but registration is required by Wednesday, June 28 at Negishi Fitness Center, if you would like a T-Shirt. For details call 242-4124 or 045-281-4124.

### Saturday, July 29 from 1000 to mid-afternoon

#### in Negishi Community Support Complex

#### Community Yard Sale

Negishi MWR sponsors a community yard sale twice a year. Rain site will be Negishi Gymnasium. To get you started, we will provide one table and two chairs. Are you up to it? All it takes is a \$10 registration fee. Event is open to all I.D. cardholders and their sponsored guests. For details call Negishi MWR Program Office at 242-4120.

## Upcoming Events

### Saturday, August 12

#### Summer Pool Party

### Saturday, August 19

#### Dog Days of Summer 3K Dog Walk

### Saturday, August 19

#### Family Bowling Tournament

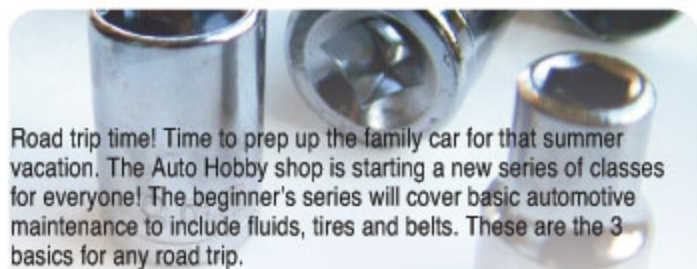
### Saturday, August 26

#### Bon Odori Festival

## Auto Hobby Shop

Click and Clack the tappet brothers can't help you? Don't worry the MWR Auto Hobby Shop is located right behind the gas station's car wash.

### Beginners Automotive Maintenance Class



Road trip time! Time to prep up the family car for that summer vacation. The Auto Hobby shop is starting a new series of classes for everyone! The beginner's series will cover basic automotive maintenance to include fluids, tires and belts. These are the 3 basics for any road trip.

**Saturday, July 08 from 1300 to 1600**

#### Pre-Purchase Inspection Class\*

This 3-hour course covers the entire Japanese compulsory inspection checklist for all cars registered in Japan including mufflers, CV joints, steering knuckle joints and brakes. During class the Instructor and participants will fully inspect an MWR vehicle according to the checklist used by the Land Transportation Office. Parent or guardian must accompany patrons 16 years of age and under. Patrons should wait to buy the fluids for their own vehicles until class concludes.

*\*This is only an inspection class so sign up for other classes to learn how to repair items we inspected. Sign up for a single class, or save money on a series! \$15 per person covers class & daily usage fees.*

**Saturday, July 22 from 1300 to 1600**

#### CV Joints and Steering Knuckles Class

This 3-hour course covers evaluation, removal, service and reinstallation of CV joints and steering knuckles. Class includes a 30-minute brief about CV joint function and damage diagnosis. This will be followed by a 2-hour hands-on-class during which patrons breakdown, overhaul and re-install a CV joint under the supervision of instructor. Parent or guardian must accompany patrons 16 years of age and under.

### Upcoming Classes

- Beginner Panel Replacement Body Working
- Intermediate/Advance Brake Repair

*We also offer a towing and junking service. Call 243-5456 for details.*

## Wood Hobby Shop

Have you heard? We now offers 3 different sizes of pre-cut shadow box kits for purchase. The shop will also offer woodworking classes beginning in August. Call Pete at 243-9064 for details.

## T-shirt and Plaque Shop

Custom T-shirts for Birthdays, anniversaries or just for fun, T-shirt and Plaques has a little of something for everyone. Looking for the perfect gift for a co-worker who is leaving or retiring? The Plaques division offers custom laser engraved plaques with your choice of a completely customizable message, or maybe some custom embroidery for the shirt of that special someone for the weekend bowling league.

*The T-shirts and Plaques shop is located on the backside of Bldg B-48 Outdoor Recreation Center. We offer a variety of services for your t-shirt and plaque needs. We do laser engraving; create designs for t-shirts, embroidery, and heat transfers.*

visit us at [www.cfay.navy.mil/mwr](http://www.cfay.navy.mil/mwr)

## Bowling

**Saturday, July 01 and 15 at 1800**

### No Tap Sweeps Monthly Tournament

**Tuesday, July 04**

#### July Open Play Specials

Rent a lane all day for only \$8 including up to 5 pairs of shoes.

**Sundays from 1600 to 1800 and 1815 to 2015**

#### Sunday Family Program

\$15 for a family of 4. Free shoes and giveaways. Join the fun with Disney Channel music as our feature.

#### King Pin

Have you been crowned as a "King" of your lane yet? If you are high scorer you will have an opportunity to win much more. Sign up the next time you come to bowl. Details available at control counter

*Have you tried a Mean Genes Slushy yet? Check it out on a hot day!*

## Library

**Tuesday, July 04**

#### Independence Day

Library Hours will be from 1030 to 1930.

#### Navy General Library Program (NGLP) provides CultureGrams on NKO

NGLP is paying for CultureGrams, a database of reports about more than 187 countries and all 50 U.S. states, and is making it available on Navy Knowledge Online (NKO) on the Web at [www.nko.navy.mil](http://www.nko.navy.mil). The reports, which include one-of-a-kind perspectives on daily life and culture, along with background, customs and lifestyle information, are written and reviewed by in-country experts and are updated yearly. The CultureGrams online database includes unlimited printing rights, along with exclusive online features including a worldwide photo gallery, famous people collection and unique recipes. CultureGrams also includes a "Kids Edition" which explores 68 countries and provides detailed information in a child-friendly format.

The NGLP also provides access to Econtent on NKO. The NGLP mission is to ensure that Sailors have access to information 24/7 worldwide. For details contact the library at 243-5574.

## KnowledgePower

#### Summer Reading Program

This self-directed, independent reading program is in full swing. The program has three tracks designed specifically for preschoolers, youth seven to twelve years of age and teenagers. Participation for the entire summer is not necessary so come when you can since each weekly program can be enjoyed as a separate stand-alone activity. Sign up now and learn the magic of reading. For details call 243-5574.



## Youth Sports

Thank you to all of the coaches who have volunteered to help out our children. We couldn't have done it without you, and we appreciate your hard work and dedication. All of you do more than you'll ever know. Thank you again so much!

**Monday, July 03 thru Tuesday, August 15**

### Youth Soccer Season Registration!

Practice begins week of August 21. Games begin Saturday, September 02. Visit the youth sports offices if you want to play, but will be on leave during the registration period, for early sign-up. \$40 for first child; \$35 for each additional child. PAYS members receive \$5.00 discount per child. Soccer Start Smart program, which introduces youth to game fundamentals, is available for 3 and 4 year-olds. 5 thru 7 year-olds play in coach play league, 8 thru 10 and 11 thru 15 year-olds play in Kanto Plain leagues.

**Saturday, July 29 at 0830**

### Youth Splash-N-Dash Biathlon

This will be our second annual event at Green Beach Pool for children 6 thru 18 years of age. All participants receive an award. Open to Ikego, Negishi and Yokosuka youth who can swim/run the following distances: 8 & under – 50-Meter Swim/.5K Run; 9 thru 11 years – 100-Meter Swim/1K Run; 12 thru 14 years – 100-Meter Swim/1.5K Run; 15 thru 18 years – 200-Meter Swim/2K Run. Pre-register at Youth Sports Office or show up 30 minutes prior to event. **Free**

**July thru Early August**

### Youth Swim Team

Negishi, Ikego and Yokosuka teams will form and swim against each other. Come out and cheer on our youth as they swim! For meet date/time details contact your local Youth Sports Office.

### Teen Summer Basketball Registration

Great summer program for teens 13 thru 18! Saturday tournament-style games and some weekday games as well. Come out and cheer on our teens as they "hoop it up!"

### Youth Fitness Authority

Program will not run in July or August but will start back up first week of September. Look for announcement in August Focus Magazine.

### PAYS

Parents Association for Youth Sports meetings are held 1000 Wednesday in Ikego Youth Sports Office and 1000 Thursday in Yokosuka Youth Sports Office. Sign up in advance to attend. Learn everything you need to know about the Youth Sports Program and the important role that you play as a parent. One-time attendance entitles you to registration discounts for Youth Sports activities as well as membership in the national organization for \$5.00.

### Registration Policy

Youth Sports has implemented a \$25 late fee for any registration taken after the deadline. Each season we have a high volume of late registrants, which in turn causes delays in team rosters and scheduling. We will continue to accept late registrations with no penalty for legitimate reasons including PCS orders or medical emergencies. We would like to emphasize that this will not impact our current fees whatsoever. Fees remain the same as long as patrons sign-up during the normal registration period that usually extends over 30 days. As an additional option, early registrations are accepted in situations where families will be on leave during normal registration. Visit our office for details.

### Gymnastics

Register your child for classes in Yokosuka or Ikego. Classes are held Wednesday in Ikego and Monday, Wednesday and Friday in Yokosuka.

### Year-Round Soccer Program

Games played every Sunday at Ikego. Youth Sports is looking for teams in both Ikego and Yokosuka. For details about fees, visit or call the Yokosuka or Ikego Youth Sports Office.

### General Program Information

For details about any program call Negishi Teen Center at 242-4121, Brandon Bergeron in Ikego MWR Office at 246-8017 or Charina Delacruz in Yokosuka Youth Sports Office at 241-2952.

### Volunteers Needed

Youth Sports is always looking for volunteers. If you are interested in helping out as a coach, sports official, team parent or set-up helper, contact your local Youth Sports Office. Your call will help you find out about some of the great incentives we have for our coaches.

Check out our webpage at [www.cfay.navy.mil/mwr/youth/ysports.html](http://www.cfay.navy.mil/mwr/youth/ysports.html)

## Yokosuka Teen Programs (YTP) for 7th thru 12th Grade

### Yokosuka Teen Center – Astro Lounge

**Saturday, July 01, 08, 15, 22 and 29 at 1200**

### Movie Day

We will be playing movies all day long so hang out, relax and enjoy great flicks and free popcorn in Astro Lounge Theater. **Free**

**Tuesday, July 04 from 1300 to 1500**

### Independence Day Barbecue

Enjoy a tasty down-home meal as we celebrate America's 230th birthday. **\$5**

**Wednesday, July 05 at 1500**

### Pool Tournament

Test your pool skills as you compete for pride and prizes to see if you have what it takes to come out on top among your peers. **Free**

**Friday, July 07 at 1800**

### Open Mic Night

Go on stage and jam with your friends, get up and tell a joke or sit down and read a poem. The stage is free and the mic is open, so come by and enjoy a very fun night at Astro Lounge. **Free**

**Wednesday, July 12 at 1500**

### Foosball Tournament

Go head to head against competitors in a heart-pounding tournament to see if you got what it takes to come out on top. **Free**

**Saturday, July 15 from 0800 to 1800**

### Summerland Trip

Enjoy an exciting day of waterslides, roller coasters, hot tubs and pools – with your friends. **\$40**

**Wednesday, July 19 at 1500**

### Air Hockey Tournament

Get ready to make some noise as you test your skills against opponents to see if you have what it takes to come out on top. **Free**

**Friday, July 21 at 1800**

### Open Mic Night

Go on stage and jam with your friends, get up and tell a joke or sit down and read a poem. The stage is free and the mic is open, so come by and enjoy a very fun night at Astro Lounge. **Free**

**Wednesday, July 26 at 1500**

### Doubles Foosball Tournament

Find a partner and compete to see if your team can beat all challengers. **Free**

**Friday, July 28 from 1800 to 2100**

### Dinner Out - Sushi

Sign up early to reserve your seat as we head off base for dinner with your friends. **Free transportation but bring yen for food.**

## Negishi Teen Center

**Mondays and Wednesdays, from 1100 to 1500**

### H2O Club

All pre-teens (4th thru 6th graders) and teens (7th thru 12th graders) can join this new fun venture. You must take a swim test with your parents first, however. There is also an option for Friday events as well, so sign up now and let's have a good time! **Cost TBA**

**Wednesday, July 05, 12, 19 and 26 from 1700 to 1800**

### Billiards

Show off your skills and join the pool club. Best teens will compete against Ikego and Yokosuka best teens. **Free**

**Friday July 07, 14, 21 and 28 from 1800 to 2000**

### Movie Night

Take a break from the hot summer days and cool off your weekend with friends watching movies. Food and drinks – you buy we fly! Let us know in advance if there is a particular movie you want to see.

**Free**

**Thursday July 06, 13, 20 and 27 from 1800 to 2000**

### Dart Day

Take a break from hot summer days by cooling off with friends playing darts. **Free**

**Thursday, July 06 and 20 from 1000 to 1500**

### Mystery Lunch Trip

Join us as we take you somewhere new for lunch and then do a little sightseeing. The first 8 teens to sign up will go.

**Bring yen for lunch and souvenirs.**

**Wednesday, July 12 from 0800 to 1800**

### Fuji-Q Highland Amusement Park

Its that time of year again so we're going to the park! Pack your lunch because it's going to be a long day, dude. Let's do it. Sign up by Monday, July 10. First 18 teens to sign up and pay, go. **\$45**

**Friday, July 14 from 1300 to 1700**

### Karaoke

Getting a little bored this summer? Then sign up to come along with us as we go and sing songs. This is a popular event and space is limited so first 8 pre-teens, or teens, go.

**\$5 includes 1.5 hrs of singing and refreshments**

**Friday, July 21 from 1400 to 1800 / Movies 1800 to 2400**

### Block Party Part II

Revenge SUMO fights, water balloon fights, food, music and fun, fun, fun! Put your Sumo suit armor on, put your reflexes to work and prepare to have some fun. Event is for pre-teens and teens, so don't be shy. Come and party and then eat delicious watermelon and watch movies to cool down – until midnight. **Cost TBA**

**Thursday, July 27 from 0800 to 1800**

### Tama Hills Picnic

Enjoy a picnic – and everything else that Tama Hills has to offer including softball, archery, hiking, horseback riding for 13 years and older, cycling and more. And of course, top the day off with Mr. Robert's barbecue!

**Cost TBA**



## Ikego Teen Center

**Thursday at 1830 pre-teens / Sunday at 1730 teens**

### Pool Tournament

Come out to see Ikego Teen Center's best. Weekly winners have a chance to prove themselves as grand champion at end-of-month finals. **Free**

**Friday at 1800**

### Movie Night

Movies! Movies! Movies! Watch movies all night long. The 1st and 4th Fridays are popcorn movie nights. **Free**

**Wednesday, July 05 at 1830 teens**

### Dart Tournament

Come and see who is "King of the Dartboard." Prizes awarded. **Free**

## Ueno Zoo & Tokyo SCIENCE MUSEUM

**Thursday, July 06 from 0800 to 1600**

Time to check out the animals and reptiles at this outstanding zoo and explore science – including dinosaurs and more – at this terrific museum. Money and permission slips due by Friday, June 30. **\$20**



**Saturday, July 08 at 1600**

### Performance Night

Play guitar, sing or dance and show us your stuff. Prize awarded for best performer of the evening. **Free**

**Friday, July 14**

### Dance Party

Dance! Dance! Dance! And, eat good food, too. There will be dance contests for girls and boys. Prizes awarded for best dancer! **\$1**

**Wednesday, July 19 at 1830**

### Xbox or PlayStation Video Game Tournament

Think you are the best? Who is the #1 Ikego video game champ of them all? Come and find out. Prizes awarded. **Free**

## Child Development Program

### Main CDC

**Saturday, July 08 from 1700 to 2400**

### Special Opening

### Hourly CDC

**Monday, July 03 from 0800 to 1500**

### Stars and Stripes Celebration

**Monday, July 03 from 1000 to 1100**

### Ice Cream Social

### Ikego CDC

**Saturday, July 22 from 1700 to 2400**

### Special Opening

### Negishi CDC

**Monday, July 03 from 1100 to 1200**

### Freedom Picnic

**Saturday, July 15 from 1800 to 2400**

### Special Opening

## Wellness and Fitness Center

**Tuesday, July 04 at 0830 in front of Old Thew Gym**

### **Independence Day 5K and 1-mile Run/Walk**

Runners/walkers, enjoy this event designed for all members of the family. Come on out and start Independence Day with a bang. This is a free event. Stop by Wellness Center to register or call 241-4486

**Saturday, July 15 at 0800 in Green Beach Pool**

### **Splash and Dash Biathlon**

This event is a 400-meter swim and 3K run. Biathlon begins at Green Beach Pool. This is a free event open to 5 years of age and over.

**Saturday, July 29 at 0900**

### **Super Sprint Triathlon**

Got a need for speed? Come out and get your fix. Participants must complete 400-meter swim, 10K bike route and 3K run. For details stop by Wellness Center or call 241-4486.

**Monday, Wednesday and Friday from 0800 to 1000**

**at Seahawk Natatorium**

### **Command Swimming Lessons**

Class is designed to help Active Duty personnel improve swimming stroke and technique. Active duty welcome on a first come/first serve space-available basis.

### **Running Club**

Do you like to run? Are you looking for a running partner? Become a member of the Yokosuka Running Club and sprint towards meeting your fitness goals. Incentive awards given for participation in MWR runs. If you like longer distances, the Wellness Center can provide information about local marathons and transportation to and from them.

### **Fitness Incentive Programs**

We want to reward you for exercising if you are 10 years of age and over. Win great prizes including gym bags, t-shirts, stadium blankets, pedometers, polar heart rate monitors, weightlifting gloves, dri-mesh sport shirts, stability balls, yoga mats and warm-up suits for participating in Fun Run Club, Cardio Fit Program, WWW. Lift@MWR.Fitness and Well-Fit Challenge



### **Personal Training**

We offer one-on-one, and two-on-one, personal training with emphasis on meeting your needs. Our trainers are highly credentialed, experienced and certified. If you are interested in hiring a personal trainer, please contact the Wellness/ Fitness Center at 241-4486.

### **Well-Fit Classes – All Fitness Levels Welcome**

We offer a variety of group exercise classes to meet your needs including Abs Express, Aqua Aerobics, Body Blast, Cardio Blast, Hi/Lo, Hoppy Hour parent/child class, Cardio Kick, Leg Power, Spintensity, Step, Yoga and more. Download the Well Fit class schedule from [www.cfay.navy.mil/mwr](http://www.cfay.navy.mil/mwr).

### **Command Classes**

These classes are designed for Active Duty personnel, with FEP members having top priority. Other patrons are welcome on a space-available basis.

### **Youth Fitness Orientation Seminar**

Orientation will be offered for parents, and youth 10 to 14 years of age, 1630 at New Gym every 1st and 3rd Wednesday and 1200 every 2nd and 4th Saturday. Orientation includes facility tour, rules and regulations, equipment use and safety techniques. Parents and children are required to attend this orientation. Registration required. For details call 241-4486 or 243-5398.

## Yokosuka 4th Annual

# BODYBUILDING SHOW

**Saturday, September 30**

Are you ready to show off what you've worked so hard for at the gym? MWR will be hosting this outstanding show just for you. For details stop by the Wellness/Fitness Center or call 241-4486.

**Sunday, February 18, 2007**

### **First Tokyo Marathon**

Run a full marathon through metropolitan Tokyo! Come and see all of the sites including Tokyo Tower, Emperor's Palace, Asakusa Shrine and much more! For details contact Wellness/Fitness Center at 241-4486.

**Full Marathon** - Fee ¥10,000 / Maximum Runners 25,000 / Time Limit 6 hours and 40 minutes

**10K** - Fee ¥5,000 / Maximum Runners 5,000 / Time Limit 1 hour and 30 minutes

Sign-up runs from Saturday, July 01 thru Tuesday, July 31 at Wellness Center. Actual registration runs Friday, June 18 thru Friday, August 18. If maximum number of participants is reached, it will go to a lottery system.

## Adult Sports

**Saturday, July 08 at 0900 on Main Softball Field**

### **Captain's Cup Co-Rec Ultimate Frisbee Tournament**

Teams must register by 1700 Wednesday, July 05 at Adult Sports Office.

**Saturday, July 15 at 0900 in New Gym Pool**

### **Captain's Cup Men's & Women's Swim Meet**

Teams/Individuals must register by 1700 Wednesday, July 12 at Adult Sports Office. Swimmers/Captain's meeting at 0845 Saturday, July 15 at New Gym Pool.

**Friday, July 21 at 0700**

**on Whispering Pines Golf Course NAF Atsugi**

### **Captain's Cup Men's & Women's Golf Tournament**

Teams must register by 1700 Tuesday, July 18 at Adult Sports Office on third floor of Fleet Recreation Center. Players will receive rules and information regarding event before first tee. Two Man Best Ball format.

**Sunday, September 03 at American Festa in Yokosuka**

### **3-on-3 Basketball Tournament**

Would you like to have fun with your friends in Umikaze Park? We are looking for ten 3-on-3-basketball teams with 4 players per team. Let's compete with Japanese players! Registration runs from Saturday, July 01 thru Friday, July 28 at Adult Sports office.

*Adult Sports events are open to Active Duty personnel, DoD civilians and dependents at least eighteen years of age, out of high school and with valid ID. During Captain's Cup events participants must compete as part of their primary command. Captain's Cup points will be awarded. Team trophies will be presented to top three finishers and individual awards will be presented to members of champion team. For details regarding any Adult Sports activity please call 241-2955.*

## Aquatics

### Seahawk Natatorium

Early Lap Swim	0530 to 0800	Monday thru Friday
Lunch Lap Swim	1100 to 1300	Monday thru Friday
Evening Lap Swim	1600 to 1800	Monday thru Friday
Master's Swim Team	1700 to 1800	Tuesday & Thursday
Adult Swim Lessons	1900 to 2000	Tuesday & Thursday

### Green Beach Pool

Command Reservation	0800 to 1100	Monday thru Friday
Closed (Camp Adventure)	0900 to 1100	Monday thru Friday
Recreational Swimming	1100 to 1900	Daily
Water Slide Hours	1300 to 1800	Daily
Jr. Seahawk's Swim Team	1500 to 1700	Monday thru Friday
Youth Sports Swim Team	1530 to 1645	Monday, Wednesday and Friday

Adult Swim Lessons	1900 to 2000	Tuesday & Thursday
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### Ikego Pool

Swim Lessons	0800 to 1100	Monday thru Friday
Recreational Swimming	1100 to 1800	Monday thru Friday
Recreational Swimming	1100 to 1900	Saturday & Sunday
Swim Team	1800 to 1915	Tuesday & Thursday
Swim Team	0900 to 1100	Saturday

### Negishi Pool

Swim Lessons	0800 to 1100	Monday thru Friday
Recreational Swimming	1100 to 1800	Monday thru Friday
Recreational Swimming	1100 to 1900	Saturday & Sunday
Swim Team	1800 to 1915	Monday, Wednesday and Friday

### Officers' Club Pool

Recreational Swimming	1100 to 1700	Saturday & Sunday
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## Events

### Saturday, July 01 at 2000 in Ikego Pool

#### Dive-in Movie

Watch a flick and float with us at Ikego's Swimming Pool. The movie will be Pirates of the Caribbean. Regular admission fee applies.

#### Master's Swim Team

Relive those old swim team days with the Master's Swim Team. Participate in local swim meets. Practice is held 1700 Tuesday and Thursday in Seahawk Natatorium. All entrance, and meet, fees are paid by participant. Sign up and pay your entrance fees at Aquatics Office on first floor of New Gym

#### Pool Fees

Lap swimming is free at Seahawk Natatorium only. Regular admission fees apply at all other facilities with the exception of early morning lap swim at Negishi Pool, which remains free. All recreational swimmers must pay \$2 adult, or \$1 child 6 to 16 years, admission fee. Pool Memberships available. Please call 243-2052 from 0800 to 1700 for details.

#### Adult Swim Lessons

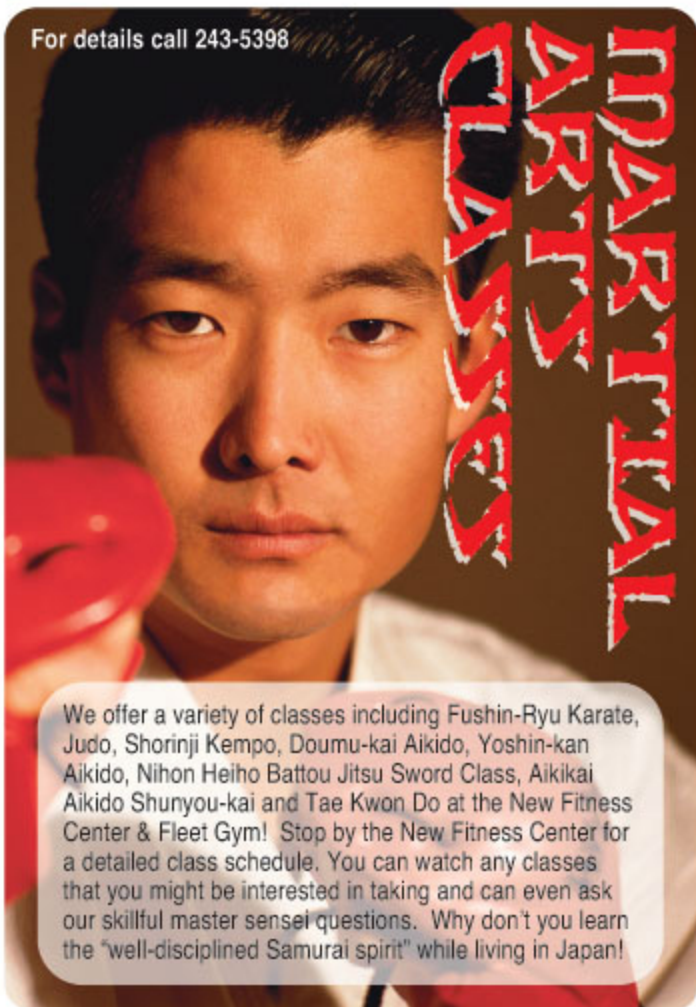
Adult swim lessons available 1900 to 2000 Tuesday and Thursday at Seahawk Natatorium. Any adult wanting to learn how to swim, or improve stroke mechanics, welcome. Cost is \$5/lesson. There is no registration so just show up, pay \$5 and take lesson. A maximum of 5 participants will be accepted on a first come/first serve basis.

#### Aquatics Skool of Fish Summer Swim Lesson Program

Join our swim lesson program at Yokosuka, Ikego and Negishi pools now. Lessons, offered Monday thru Saturday, begin Monday, June 19 at all locations. Sign up at New Fitness Center, Ikego MWR office or Negishi MWR office. Call 243-2052 for details.

## New Fitness Center / Fleet Gym

For details call 243-5398



We offer a variety of classes including Fushin-Ryu Karate, Judo, Shorinji Kempo, Doumu-kai Aikido, Yoshin-kan Aikido, Nihon Heiho Battou Jitsu Sword Class, Aikikai Aikido Shunyou-kai and Tae Kwon Do at the New Fitness Center & Fleet Gym! Stop by the New Fitness Center for a detailed class schedule. You can watch any classes that you might be interested in taking and can even ask our skillful master sensei questions. Why don't you learn the "well-disciplined Samurai spirit" while living in Japan!

## Massage Services

Minutes per Session	90	60	40	30	20	15
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### New Fitness Center

Thai Full Body Massage	\$65	\$45		\$25		
Foot Massage		\$45		\$25		
Body Care Massage		\$45	\$35		\$20	
Reflexology (Feet & Legs)		\$45		\$25		

### Negishi MWR Building

Shiatsu	\$60	\$45		\$25		
Swedish Massage		\$45		\$25		
Sports Therapy		\$45		\$25		\$15

### Massage Services at New Fitness Center

Appointments can be made by stopping at the New Fitness Center. For inquiries, please stop by or call 243-5398.

### Massage Services in Negishi

Appointments can be made by stopping by the Negishi MWR Office. For inquiries, please call 242-4761 or 242-4120.

### Other Massage Services in Negishi

Advanced hand massage	\$12 per session
Advanced scalp massage	\$12 per session
Advanced foot massage	\$15 per session
Exfoliating aromatherapy massage	\$25 per session
Advanced facial massage	\$30 per session

## CONQUER

## MT. FUJI

Mt. Fuji will be open to the public for hiking from July 01 to August 31.

Thursday, June 01, 08, 15, 22, 29 and August 03, 10, 17, 24 from 1700 to 1830 at Green Bay Marina, behind McDonald's **Mandatory Mt. Fuji Safety Briefing**

Interested in climbing Mt. Fuji? Outdoor Adventure Program can help you prepare by helping you to understand what to expect and what items you will need to bring to make your climb a memorable experience. **Required for trip sign-up.**

Saturday, July 01, 08, 15, 22, 29 and August 05, 12, 19, 26 from 0145 to 2200

**Intermediate Mt Fuji Day Hike from Kawaguchi-ko-guchi in Yamanashi Prefecture**

What a story to tell back home! Trek, climb, scramble and, in the end, taste the victory of climbing Japan's tallest mountain. Considered by many to be an absolute must-do when visiting Japan, the hike, which will begin at Mt. Fuji's 5th Station, will challenge even the fittest and most experienced hikers.

**\$50 per person.**

Tuesday and Wednesday, July 11 and 12 and August 22 and 23 from 0445 to 1600

**Intermediate Mt. Fuji Overnight Hike from Kawaguchi-ko-guchi in Yamanashi Prefecture**

Experience the breathtaking view as the sun races across the vista over 12,000 ft below. On our first day we will hike to the 8th Station where we will stay the night in one of the mountain huts. The second day we will head out for the summit early and catch the sunrise as the rest of Japan lies in darkness.

**\$120 per person includes transportation and lodging, (no meals).**

## Outdoor Recreation Center

Saturday and Sunday, July 01 and 02, from 0500 (Day 1) to 2000 (Day 2)

**Intermediate Sea Kayaking Overnight West coast of Izu in Shizuoka Prefecture**

The coves, cliff sides and sandy beaches of Izu Peninsula offer exciting sea kayaking and spectacular views. Enjoy days of sea kayaking and camping in between. Some experience required. **\$180 includes transportation, kayak rental, lodging and 2 meals.**

Saturday, July 08 from 0545 to 1800

**Intermediate Mountain Biking Ashinoko Loop, Hakone, Kanagawa Prefecture**

This mountain biking trip takes us around the picturesque northern side of Ashinoko Lake past Moto Hakone, Cedar Avenue, Hakone Shrine and Hakone-en historical sites. The lake's southern side is a continuous trail with views of Kamiyama and Komagatake. **\$30 per person.**

Saturday, July 08 and 22 from 0500 to 1800

**Surfing Trip for Intermediate Surfers**

Our instructor will choose the best location for the trip. An important prerequisite is that participants must have basic skills to avoid risks. Instructor will screen ability at pre-trip briefing. **\$80 per person.**

Saturday, July 15 from 0745 to 1600

**Sea Kayaking Hayama in Kanagawa Prefecture**

Experience adventure on the western side of Miura Peninsula while learning basic paddling strokes and, depending on ability, the Eskimo Roll. After a one-hour class we will paddle around the rocky shores of small islands that follow the coastline between Zushi and Chojagasaki. Trip location is subject to change due to weather. **\$40 per person includes transportation and sea kayaking equipment.**

Sunday, July 16 from 0830 to 1800

**Rock Climbing Takatori-yama, Kanagawa Prefecture**

Are you interested in challenging yourself but don't want the long drive? Takatori-yama is only a 30-minute ride from Yokosuka. We'll hike up the trail to Takatori-yama where people used to cut stones for building materials. The sandstone faces are perfect for beginners and advanced climbers. **\$25 per person.**

Friday, July 21 from 1700 to 1800 at Outdoor Rec **Mandatory Senjodake / Southern Alps Overnight Hike Brief**

Join us for this free backpacking safety briefing during which ORC staff provides in-depth information about expected weather conditions, required equipment/clothing, accommodations, schedule and other safety concerns. All potential trip patrons must attend briefing prior to trip sign-up.

Tuesday and Wednesday, July 25 and 26 from 0245 (Day 1) to 1900 (Day 2)

**Intermediate Overnight Hike Senjodake / Japan Southern Alps in Nagano Prefecture**

Senjodake is an imposing mountain. You will be swept away by its beauty and green flowing hills. The Southern Alps are hidden away from modern life providing the feeling of being in an entirely new world. You will have the unique opportunity to hike 800 meters during a 3-hour hike on the first day, staying overnight in Umanose Hutte (hut) and enjoying a 4-hour hike to the summit at an elevation of 3,033 meters (9,948 feet) on the second day. **\$200 per person includes lodging and 2 meals.**

## Outdoor Rental Center

### Independence Day Special

Rent any barbecue grill and receive 50% off your choice of tug-of-war, croquet, billiards, bocce ball or horseshoes.

### Bicycle Maintenance and Repair

Do you need to adjust your brakes or even have a complete overhaul? Have our certified bicycle technician take care of your major, or minor, bicycle repair problems after a free estimate.

### Bicycle Storage

Are you tired of worrying about your bicycle? Do you hate getting the rust off of your gears and chain? Do you want to ensure that your bicycle stays clean, dry and ready for use? Then store your bicycle at Outdoor Recreation Center for only \$15 a month!

### Resource Information Center

We rent a wide variety of extreme outdoor videos, DVD's, and "how to" books. All items rent for \$2 per week.

### Customer Appreciation

Don't forget to fill out our monthly raffle ticket for a chance to win a \$25 MWR gift certificate or a MWR coupon good for one free movie admission, medium popcorn and soda.


### Featured Equipment

Item	Daily Rate	Additional Day
Hiking boots	\$3	\$1.50
Head lamp	\$2	\$1
Gaiters	\$1	\$.50
Paragon II & III Back Pack	\$4	\$2
Mountain Smith Back Pack	\$3	\$1.50
North Face Back Pack	\$2	\$1
Rain Pants	\$5	\$2.50
Rain Jacket	\$5	\$2.50

### Special Events

Half-off rental of giraffe air toy – self pick-up – during July.

## Entertainment



**THE ORIGINAL HARLEM GLOBETROTTERS**

Wednesday, July 05 at 1700  
on Fleet Gym Court B

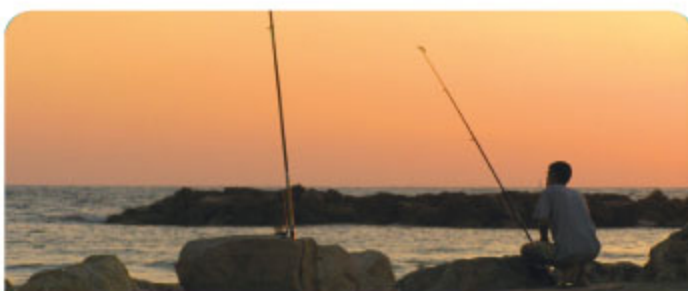
### Japan Jams Entertainment Comedy Show

Thursday, July 13 at 1930 in Club Alliance



Followed by Latin Night with DJ Pablo and DJ Rob Lo

## International Programs



## International SALTWATER FISHING Tournament

**Saturday, July 15 from 1600 to 2130 On-Base**

Tournament limited to 25 US, and 30 local, participants at least 18 years of age or accompanied by adult sponsor. Registration fee, \$7 per person, includes international barbecue meal and drinks. Come out and learn Japanese fishing techniques. Participants must bring their own equipment. Sign up by 1600 Monday, July 10.

### Upcoming Events

#### International Youth Summer Program 2006

We are looking for students 13 to 16 years of age to participate in this program designed to better understand and experience differences between Japanese and American cultures. Japanese students from Takatori Junior High School will visit Fleet Activities Yokosuka to experience American lifestyle and, in return, American students will visit Takatori Junior High School to experience Japanese culture and lifestyle. Parents can participate in program.

**Wednesday, August 09** On-base activities

**Thursday, August 10** On-base activities

**Saturday, August 12**

**Festa Yokosuka Natsu No Mai**

**Yokosuka City Summer Dance Festival in Oppama**

If you want to enjoy a great summer night in the city, join us for this fun event. There will be back-to-back performances by local dance groups. Would you like to perform and represent our base? Please call 243-4731 if you are interested.

**Sunday, August 13**

**7th Annual International Friendship Swim Festival**

We need U.S. swimmers who want to compete, eat International barbecue and enjoy a summer evening with Japanese swimmers. Admission is free for all competition participants and \$5, including meal ticket, for those who just want to come and cheer. Certificates will be awarded for 1st thru 3rd-place winners.

**Saturday, August 26**

**Earth Day Part 29 at Kujukurihama Beach in Chiba**

We need up to 55 volunteers who want to help clean up our beaches. Bus seats are limited so sign up now.

To sign-up, or for details about any International special event or program, visit the International Program section of ITT Office in building #1559 or call 243-4731.

2006 International Programs Event Schedule is available for review and registration. If you are interested, visit, sign-up and leave your e-mail address so that we can forward updates to you.

## Single Sailor Liberty Program

### Tours

**Saturday, July 01 from 0630 to 1900**

#### **Tokyo Summerland Tour**

Tokyo Summerland is a water amusement park where you can enjoy a unique man-made wave pool, and intermittent tropical rainfall, inside of a very large dome-structure all year long. For an additional ¥2,500 fee you can enjoy amusement rides, too.

**\$37 per person includes Summerland pool admission fee and transportation. Ride tickets not included.**

**Saturday, July 08 from 0800 to 1600**

#### **International Book Fair in Tokyo Big Sight Tour**

Check out the biggest book fair in Tokyo! Last year there were more than 48,000 visitors from all over the world! The fair targets Japanese readers, however, you will find interesting books from 600 vendors from 28 different countries!

**\$15 per person includes transportation and ticket.**

Sign-up required on Wednesday and Thursday, July 05 and 06. Catch all of the action at Japan's largest drag race! Don't blink your eyes because each 1/4-mile race will be over in a few seconds!

**\$47 per person includes transportation and admission fee.**



**Sunday, July 09 from 0500 to 2100**  
**2006 BERG Drag Racing Championship in Motegi**

**Saturday, July 15 from 0800 to 1600**

#### **Kamakura Beach Tour**

Enjoy the day working on your tan. Grab your swimsuit and lunch and come along with us! Kamakura Beach has many restaurants as well. Subject to cancellation due to weather

**\$7 per person for bus ride.**

**Saturday, July 22 from 1500 to 2400**

#### **Saturday Night Out Tour**

Don't miss it. We're providing round trip transportation to experience Shibuya nightlife.

**\$12.00 per person includes transportation.**

**Saturday, July 29 from 0800 to 1700**

#### **Auto Galley Tuned-up Car Show in Tokyo Big Sight Tour**

Yes! Another car show! – a must for car maniacs! Get the latest technological information on tuning, electronic, restyling and appearance products for cars! This car show will open your eyes and give you lots of good photo opportunities. Come and enjoy this unique experience! **\$28 per person for tickets and transportation.**

*Single Sailors and geographical bachelors only on first come/first serve basis. No phone call reservations accepted. Tour tickets are non-transferable. If 10-person minimum number is not reached by cut-off date, tour will be cancelled. All times approximate due to traffic.*

### Outdoor Recreation Program Events

**Monday, July 10 and 17 from 1645 to 1745**

#### **Green Bay Marina Fishing Tournaments**

**Thursday, July 13 and 20 at 1730**

#### **Ikego Campground Hiking with First Aid Safety Class**

Transportation provided. Sign up at Spectrum Center to participate in these free events.

## Spectrum Center Tournaments

**Monday, July 03 at 1630**

#### **Spectrum 4th of July-Eve Celebration**

Enjoy an appetizer buffet and lots of tournaments, games, prizes and more!

**Tuesday, July 04 from 1000 to 2400**

#### **Spectrum 4th of July Celebration**

Celebrate your 4th of July by receiving a door prize drawing ticket for patrons wearing "red, white and blue." Drawings conducted at 1200, 1600 and 2100. Spectrum Center will also host patriotic movies too!

**Thursday, July 06 at 1800**

#### **8-Ball Pool Tournament**

Sign up at Spectrum Center. Prize to first place!

**Friday, July 07 at 1200**

#### **Break-to-Win Pool Tournament**

See how many balls you can score on a break. Sign up at Spectrum Center. Prize to first place!

**Tuesday, July 11 & 18 from 1600 to 1800**

#### **Liberty Outreach Program**

We'll be offering a table chock full of information, giveaways and staff to answer your questions.

**Friday, July 14 at 1130**

#### **Lunchtime Bowling Tournament**

Spend your lunch hour with us and compete for prizes. Bowl three games for free. High scorers for each game win prizes. Transportation provided. Sign up at Spectrum Center.

**Saturday, July 15 at 1300**

#### **Paintball War 001**

Compete in an outdoor paintball tournament at Ikego Campground with Package "A" free for up to 20 contestants. Transportation provided too! Sign up at Spectrum Center.

**Friday, July 21 and 28 from 1100 to 1400**

#### **Fleet & Family Support Center Education Station**

Visit Spectrum Center to get lots of information concerning all of the programs that FFSC has to offer including ATAP, translation services, directions, PCS and sponsor information and more!

**Wednesday, July 19 at 1800**

#### **X-Box 360 NBA Live 2006 Tournament**

Sign up at Spectrum Center to compete. Prize to first-place.

**Sunday, July 23 at 1600**

#### **PS2 Madden 2006 Tournament**

Sign up at Spectrum Center to compete. Prizes to first-place.

**Tuesday, July 25 at 1800**

#### **X-Box 360 Madden 2006 Tournament**

Sign up at Spectrum Center to compete. Prize to first-place.



**GUILD WARS**  
**WiFi LAN Party**

**Thursday, July 27 at 1800**  
Spectrum Center will reserve the WiFi area and access for all participants requesting to play Guild Wars. Free Mountain Dew provided! Sign-up on list to reserve your spot. Each person must already have game. For details call 243-7284.

## Liberty Loft

Liberty Loft Center is located on 2nd Floor of Club Alliance. Liberty Loft Annex includes a cinema viewing area, ten high-speed internet computers and 3 big screen TV's for PS2, X-Box 360 and X-Box gaming usage. Check out our two X-Boxes with LCD screens and free electronic dart machine, too. Next time you stop by Club Alliance, come and check us out.

**Wednesday, July 05 at 1900**  
**X-Box 360 Madden 2006 Tournament\***

**Wednesday, July 12 at 1900**  
**X-Box 360 NBA Live 2006 Tournament\***

*\*Sign up at Liberty Loft to compete. Prize to first-place.*



**Wednesday, July 26 at 1900**  
**501 Dart Tournament\***

**Saturday, July 22 at 1830**  
**2-on-2 Spades Tournament\***

**Saturday, July 29 at 1900**  
**Madden 2006 X-Box Tournament\***  
Fight Night Round 3 following the Madden 2006 Tournament.

*\*Sign up at Liberty Loft to compete. Prize to first-place.*

### Single Sailor Discount at Green Bay Marina

Single sailors receive 25% off all boat/equipment rentals and sailing/powerboat lessons at marina by showing a Spectrum Membership Card. Get your Spectrum Card at Single Sailor Spectrum Center located on first floor of Fleet Recreation Center.

### MWR Single Sailor Volunteer Program

If you want to enhance your military record, help out base programs and feel good about doing something proactive, become a volunteer. Volunteers receive Letters of Appreciation for helping out at MWR events and programs. For details call 243-7346 and ask to speak to the Spectrum Center Manager.

## Ikego West Valley Campground

**Saturday and Sunday, July 01 and 02**

### Paintball Holiday Special

Bring ten or more people and receive 10% off of paintball rental gear.

**Saturday, July 01 from 1100 to 1400**

### Free Hike

Enjoy a guided hike while learning some of the history that was left behind on the Ikego West Valley trails.

*Days and hours are Saturdays and Sundays from 0900 to 1600. For reservation please call 246-7956. All campsites require reservations that can be made 1 to 90 days in advance at campground Cabin Office, by calling 246-7956 or by e-mailing ketron.ronald@cfay.navy.mil.*

*When making reservation you must pay for site within 3 days or reservation will be cancelled. Each site holds a maximum of 20 people.*

## Green Bay Marina

### Monthly Special

\$1 off wetsuit rentals during July.

*We can provide boating classes for groups by arrangement. Contact Marina Manager at 243-4155 for details.*

### Classes

**Saturday and Sunday, July 01 and 02**

### Basic Coastal Cruising Sailing Class

Prerequisite: Basic Keelboat Sailing

Class meets both days from 0900 to 1600. Class introduces the sailing enthusiast to advanced sailing techniques and basic cruising considerations. **\$85**

**Monday thru Sunday, July 10 thru 16**

### SCUBA! Open Water Diver (Beginner) (PADI)

Prerequisite: Ability to swim.

Class sessions to be determined. Class meets weekdays from 1800 to 2200 and all day Saturday and Sunday. Contact marina at 243-4155 for details. **\$340**

**Friday thru Monday, July 21 thru 23**

### Basic Small Boat Sailing Class

Prerequisite: None

Class meets Friday from 1800 to 2100 and Saturday and Sunday from 0900 to 1600. Class introduces small boat sailing to the complete novice. Be prepared to get wet. **\$85**

**First and Third Saturday of Each Month**

### Powerboat Class

Prerequisite: None

Class meets from 0930 to 1130. Class is required if you want to rent one of our motorboats. Topics include basic rules of the road, boating safety, motorboat driving skills and a local area orientation. **\$25**

**Upon Request and Immediately Following Powerboat Class**

### Recreational Towing Class

Prerequisite: Powerboat License

Class is required to rent any of our towing equipment including: inner tube, wakeboard, kneeboard or aqua-glide. A hands-on driving/towing class follows a review of standard operating procedure. **\$10**

*Class Registration : First-come / first serve for all classes.*

### Events

**Tuesday, July 04**

### Independence Day Pirate Flag Activity

Green Bay Marina will host a kids-only free pirate flag-making activity. Materials provided. 14 years of age and under welcome.



**Tuesday, July 04 from 1100 to 1500**

### Independence Day Boat Ride

Free rides provided but parent must accompany child 16 years of age and under.

**Saturday, July 29**

### Land and Sea Race

Register by Saturday, July 22. This fun, adventure race combines compass navigation skills aboard a kayak with land navigation skills on foot. Each team must have 4 members. Minimum age is 16. Ability to swim is required for kayakers. Free barbeque is provided after event for all participants. Contact marina at 243-4155 for details. **\$30 per team.**

## Yokosuka Facilities

<b>Adult Sports Office</b>	<b>241-2955</b>
Monday - Friday	0800 to 1700
<b>Auto Hobby Shop</b>	<b>243-5456</b>
Tuesday - Friday	1100 to 2000
Saturday & Sunday	0900 to 1700
<b>Aquatics (Hotline)</b>	<b>243-5229</b>
<b>Natatorium</b>	<b>243-5620</b>
<b>BOQ Pool</b>	<b>243-6830</b>
<b>Green Beach Pool</b>	<b>243-6410</b>
<b>Officers' Club Pool</b>	<b>243-5941</b>
<b>Seaside Pool</b>	<b>243-5620</b>
<b>Bowling Center</b>	<b>243-4200/5158</b>
Sunday - Thursday	1030 to 2300
Friday & Saturday	1030 to 0100
<b>Child Development Centers</b>	
<b>CD Homes</b>	<b>243-5478</b>
Monday - Friday	0700 to 1700
<b>Main CDC</b>	<b>243-3219</b>
Monday - Friday	0615 to 1800
<b>Hourly CDC</b>	<b>241-4101</b>
Monday - Friday	0700 to 1700
<b>Community Center</b>	<b>241-4111</b>
Monday - Friday	0800 to 2000
Saturday	0900 to 1600
<b>Entertainment Office</b>	<b>243-5215</b>
Monday - Friday	0730 to 1630
<b>Fleet Gym</b>	
Monday - Sunday	24 hours
<b>Fleet Gym Office</b>	<b>243-5304</b>
Monday - Friday	0700 to 1600
<b>Green Bay Marina</b>	<b>243-4155</b>
Wednesday - Sunday	0900 to 1800
<b>Hobby Mart</b>	<b>243-5040</b>
Monday - Friday	1000 to 1800
Saturday	0900 to 1600
<b>International Programs Office</b>	<b>(046)823-3555</b> <b>243-4731</b>
Monday - Friday	0900 to 1800
<b>ITT</b>	<b>243-5613/7257</b>
Monday - Friday	0900 to 1800
Saturday	0900 to 1300
<b>Library</b>	<b>243-5574</b>
Monday - Sunday	1030 to 1930
<b>Benny Decker &amp; Fleet Theaters</b>	
<b>Movie Hotline</b>	<b>243-6703</b>
<b>Outdoor Rec Center</b>	<b>243-5732</b>
Thursday - Tuesday	1000 to 1800
Holiday	1000 to 1400
<b>School Age Care</b>	<b>243-5492/3439</b>
Monday - Friday	0600 to 1800
<b>Single Sailor Program Tours</b>	<b>243-7346</b>
Monday - Friday	1000 to 1800
<b>Spectrum Lounge</b>	<b>243-7346</b>
Sunday - Thursday	1000 to 2400
Friday & Saturday	1000 to 0100
<b>Liberty Loft</b>	<b>243-7346</b>
Wednesday - Saturday	1800 to 2400
<b>Teen Center</b>	<b>243-5542</b>
Monday - Thursday	1200 to 2000
Friday	1200 to 2200
Saturday	1200 to 2200
Holiday	1200 to 1800

<b>Veterinary Clinic</b>	<b>243-6820</b>
Monday - Friday	0800 to 1600
Tuesday & Thursday (surgery)	0730 to 1600
<b>New Fitness Center</b>	<b>243-5398</b>
Monday - Sunday	0530 to 2200
<b>Youth Sports Office</b>	<b>241-2952</b>
Monday to Friday	1000 to 1730
<b>Wellness Center</b>	<b>241-4484</b>
Monday - Friday	0800 to 1630
<b>Wood Hobby Shop</b>	<b>243-9064</b>
Wednesday - Friday	1200 to 2100
Saturday & Sunday	1000 to 1730
<b>T-Shirt/ Plaque Shop</b>	<b>243-9064</b>
Monday - Friday	0730 to 1630

## Clubs & Dining

<b>Club Alliance</b>	<b>243-5951</b>
<b>Sharky's Beverage Company</b>	
Sunday - Thursday	1500 to 0030
Friday, Saturday & Day before Holiday	1500 to 0230
<b>Sharky's BBQ</b>	
Monday - Sunday	1600 to 2200
<b>Second Floor Cashier Cage</b>	
Sunday - Thursday	1100 to 2400
Friday, Saturday & Day before Holiday	1100 to 0130
<b>Italian Gardens</b>	
Lunch	
Monday - Saturday	1100 to 1400
Dinner	
Monday - Sunday	1700 to 2100
<b>C-Street Grille</b>	
Sunday - Wednesday	1100 to 2400
Thursday, Friday and Saturday	1100 to 0100
<b>Upper Deck Sports Bar</b>	
Sunday - Thursday	1100 to 0030
Friday, Saturday & Day before Holiday	1100 to 0230
<b>CPO Club</b>	<b>243-5506</b>
<b>Dining Room</b>	
Monday - Friday	
Lunch	1100 to 1330
Dinner	1700 to 2100
Saturday	
Lunch	1000 to 1330
Saturday, Sunday & Holiday	
Dinner	1700 to 2100
<b>Cruise Inn</b>	
Sunday - Friday	0600 to 1400
<b>Cove Bar</b>	
Monday - Thursday	1100 to 2400
Friday	1100 to 0100
Saturday	1000 to 0100
Sunday	1000 to 2400
<b>MWR Food Court</b>	<b>243-3245</b>
<b>Mean Gene's Burgers</b>	
Breakfast	0600 to 1000
Regular Menu	1000 to 2200
<b>Smash Hit Subs</b>	
Monday - Sunday	1000 to 0530
<b>Hot Stuff Pizza &amp; Cinnamon St.</b>	
Monday - Friday	1100 to 2100

<b>Officers' Club</b>	<b>243-5030</b>
<b>Kosano Dining Room</b>	
Sunday Brunch	0900 to 1330
Lunch	
Monday - Friday	1100 to 1330
Dinner	
Monday - Saturday	1700 to 2100
Sunday & Holiday	1700 to 2000
<b>Warehouse Dining Room</b>	
Lunch	
Monday - Saturday	1100 to 1330
Dinner	
Friday & Saturday	1700 to 2100
<b>Kurofune Lounge</b>	
Monday - Thursday	1500 to 2300
Friday & Saturday	1300 to 0100
Sunday & Holiday	1300 to 2300
<b>Deli and Bakery</b>	
Monday - Thursday	0900 to 1900
Friday	0900 to 2100
Saturday	1000 to 2100
Sunday	1000 to 2000
Holiday	1000 to 1900
<b>Game Room</b>	
Monday - Friday	0830 to 2300
Saturday, Sunday & Holiday	0900 to 2300
<b>Cashier (Main Side)</b>	
Monday - Friday	0830 to 2300
Saturday, Sunday & Holiday	0900 to 2300
<b>Catering Services</b>	
Monday - Friday	0800 to 1800
<b>Seaside</b>	
<b>All Hands' Club</b>	<b>243-3379/5625</b>
<b>Dining Room</b>	
Monday - Saturday	
Breakfast	0600 to 1000
Lunch	1100 to 1500
Dinner	1700 to 2100
Sunday	
Breakfast	0600 to 0830
Brunch	0930 to 1400
Dinner	1700 to 2100
<b>Barnacle Bill's Lounge</b>	
Sunday - Thursday	1100 to 2300
Friday & Saturday	1100 to 2400
<b>Deli</b>	
Monday - Thursday	0900 to 1900
Friday	0900 to 2100
Saturday	1000 to 2100
Sunday	1000 to 2000
Holiday	1000 to 1900
<b>Starbucks</b>	<b>0468-20-2791</b>
Monday - Friday	0630 to 2100
Saturday & Sunday	0730 to 2100

## Ikego Facilities

<b>Club Takemiya</b>	<b>246-8077</b>
<b>Dining Room</b>	
Monday - Saturday	1100 to 1330
	1700 to 2100
Sunday	1000 to 1330
	1700 to 2100
Lounge	
Monday - Thursday	1600 to 2300
Friday & Saturday	1600 to 0200
Sunday	1600 to 2200
Day before Holiday	1600 to 0100
<b>Delivery Service to Ikego Housing</b>	
Monday - Saturday	1700 to 2030
<b>Ikego CDC</b>	<b>246-8060</b>
Monday - Friday	0600 to 1800
<b>Ikego MWR Office</b>	<b>246-8071</b>
Monday - Friday	1000 to 1830

<b>Ikego Sports</b>	<b>246-8017</b>
Monday - Friday	1000 to 1830
<b>Ikego Pool</b>	<b>243-5229</b>
<b>School Age Care</b>	<b>246-8301</b>
Monday - Friday	0600 to 1800
<b>Ikego Teen Center</b>	<b>246-5929</b>
<b>School Annex</b>	
Tuesday - Thursday	1200 to 1700
Friday - Saturday	1400 to 1700
<b>Teen Center</b>	
Tuesday - Thursday	1800 to 2000
Friday - Saturday	1800 to 2200
<b>Holiday Hours</b>	1200 to 1800
<b>Ikego West Valley Campground (Office)</b>	<b>246-7956</b>
Thursday - Sunday	0800 to 1700

## Negishi Facilities

<b>Negishi MWR Office</b>	<b>242-4120</b>
Monday - Saturday	0900 to 1800
<b>Bowling Center</b>	<b>242-4123</b>
Tuesday - Thursday	1500 to 2100
Friday	1500 to 2200
Saturday	1200 to 2200
Sunday & Holiday	1200 to 2000
<b>Negishi CDC</b>	<b>242-4316</b>
Monday - Friday	0600 to 1800
<b>Negishi</b>	
<b>All Hands' Club</b>	<b>242-4151</b>
Monday - Thursday	1100 to 2300
Friday	1100 to 0200
Saturday	0900 to 0200
Sunday & Holiday	0900 to 2200
<b>Dining Room</b>	
Monday - Thursday	
Lunch	1100 to 1400
Dinner	1700 to 2000
Friday	
Lunch	1100 to 1400
Dinner	1700 to 2100
Saturday	
Breakfast	0900 to 1100
Lunch	1100 to 1600
Dinner	1700 to 2100
Sunday	
Breakfast	0900 to 1100
Brunch	0900 to 1400
Lunch	1100 to 1600
Dinner	1700 to 2000
<b>Lounge</b>	
Monday - Thursday	1100 to 2230
Friday & Saturday	1100 to 0130
Sunday & Holiday	1100 to 2130
<b>Fitness Center</b>	<b>242-4124</b>
Monday - Sunday	24-hours a day
<b>Negishi Library</b>	<b>242-4125</b>
Monday - Saturday	0900 to 1800
<b>Negishi Pool</b>	<b>242-4844</b>
<b>School Age Care</b>	<b>242-4131</b>
Monday - Friday	0600 to 1800
<b>Negishi Teen Center</b>	<b>242-4121</b>
<b>Tuesday - Thursday</b>	
Pre-Teens	1200 to 1700
Teens	1200 to 1900
<b>Fridays</b>	
Pre-Teens	1200 to 1700
Teens	1200 to 2000
<b>Saturdays Open Rec</b>	
Pre-Teens	1200 to 1700
Teens	1200 to 2000
<b>Holiday Hours</b>	1200 to 1800

Hold on to your hats folks!

The **BIGGEST** event of the year is coming this August!

30th Yokosuka

# Friendship Day

Saturday, August 05  
Open Base

**Live Entertainment • Face Painting  
Air Toys • Car Show • Fireworks Show  
Food Booths • Candy Booths • Game Booths**



**Saturday, August 26**

Join Negishi MWR for a traditional Buddhist celebration that honors Japanese ancestors.

This open-base event will showcase ancient Japanese song and dance and will feature live entertainment that includes taiko drummers and performances by U.S. military bands.

The event will offer food and beverages, toys and children's games all day long.

For details call Negishi MWR Program Office at 242-4120.

**Negishi**

# BON ODORI

**Festival**